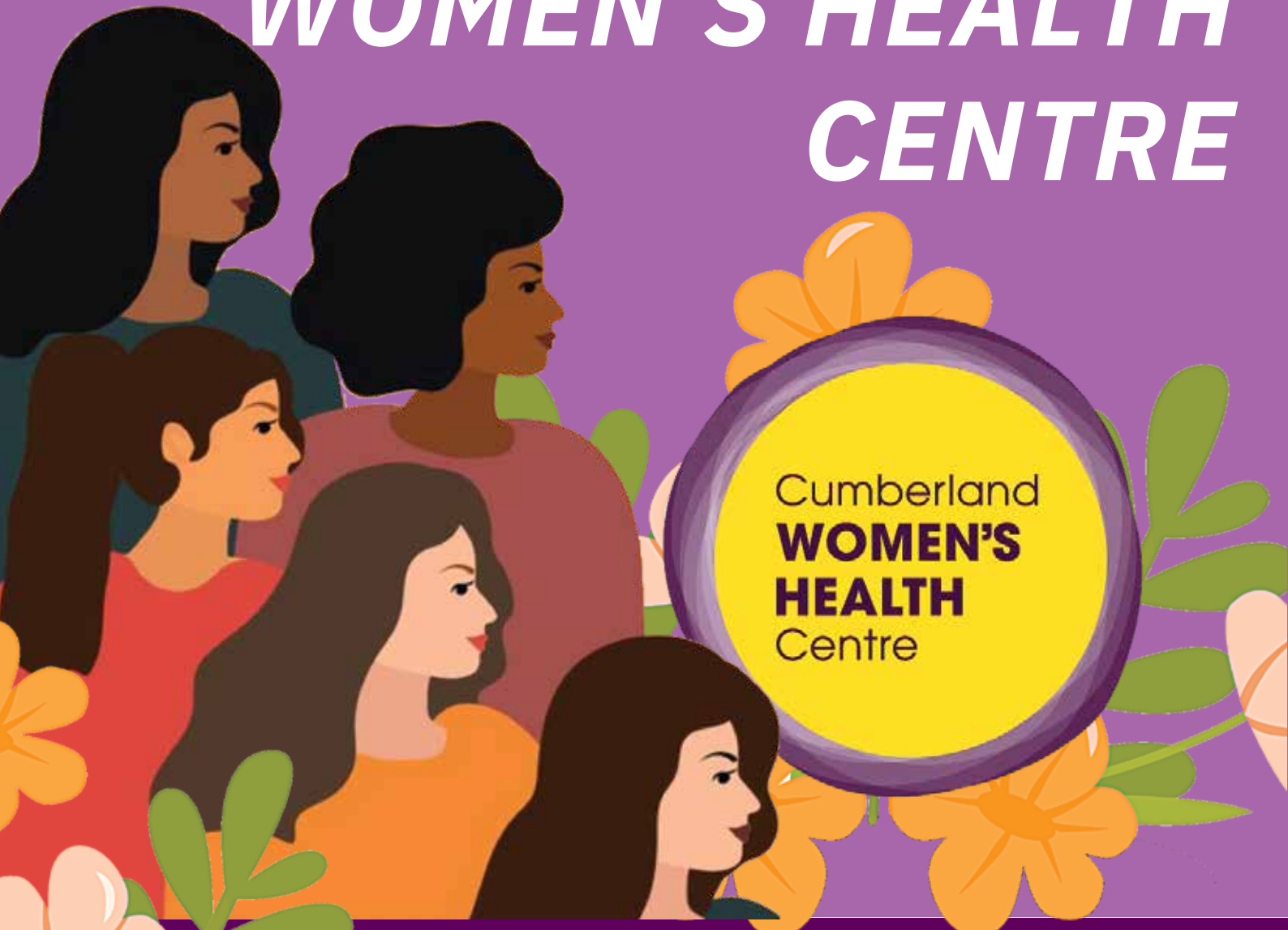


CUMBERLAND WOMEN'S HEALTH CENTRE



NEWSLETTER

**JANUARY-JUNE
2024**

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About our Centre..

The members of Cumberland Women's Health Centre Inc. are women who live or work in the Parramatta, Cumberland and Hills area. We believe that with information and support, women are in a better position to make choices about their own health and have greater control over their own lives. We hope to do this by working collaboratively with women to create change in their own lives and in the community.



Services we offer at CWHC...

- Counselling, General and Domestic Violence
- Groups and workshops (therapeutic & psycho-educational)
- Short to Medium Term Case Management
- Community Development activities
- Health Promotion activities
- Special Projects
- Information & Referral
- Victims Services Counselling

EMERGENCY CONTACTS

IF YOU ARE IN AN EMERGENCY, CALL 000

Lifeline: For 24/7 Counselling Support	13 11 14
Link2home: For crisis accommodation	1800 152 152
DV Line: For 24/7 Domestic Violence Support	1800 737 732



A Message from the Executive Officer...

Cumberland Women's Health Centre's management committee and I would like to address our deep appreciation to all the staff here at the Centre who have been working so hard to support and meet the needs of women who are experiencing hardship in their life.

I would also like to extend thanks to our service users and service providers we have worked alongside and allowed us to be a part of their journey's, as well as the women who have attended groups and workshops. As we kick off the new year, I am thrilled to take a moment to reflect on the remarkable achievements and milestones we accomplished together in the past year.

2023 was a year of resilience, collaboration, and innovation for Cumberland Women's Health Centre. Despite the challenges encountered, our team exhibited outstanding dedication, adaptability, and an unwavering commitment in delivering support services. Through partnerships with both government and non-government organizations, we navigated hurdles together, and your tireless efforts did not go unnoticed.

Looking ahead, 2024 holds even greater promise and potential for us. CWHC will continue offering services such as individual counselling, therapeutic support groups, health groups and outreach program, skill development and other workshops that focus on addressing health and wellness. The workshops and programs will help to build the improved health, wellbeing, and connectivity on a personal and family, social and at the broader community level.

As we embark on new challenges and opportunities, let us carry forward the lessons learned and build upon the successes of the past. Our continued success depends on each team member's dedication, collaboration, and participation

We hope you will enjoy reading through our newsletter and encourage you to participate in the upcoming projects and workshop. We are looking forward to another busy and exciting year as we continue to provide needed and effective services to our local community.

I extend my gratitude to each and every one of you for your unwavering support and participation. Let's make 2024 a year of even greater achievements and shared success. Thank you for being an integral part of Cumberland Women's Health Centre.

Regards,
Salwa Al Baz



Cumberland
**WOMEN'S
HEALTH**
Centre

MOTHERS DAY

14TH MAY 2024

10AM ONWARDS

**CUMBERLAND WOMEN'S
HEALTH CENTRE**

69 Harris St, Harris Park, 2150

HENNA - BRA FITTING- PHOTOGRAPHY SKILLS- FLORISTRY

Come dressed in your best hat, whether you've made it on your own or it's a fun design from a store! There will be a prized competition for best hat.

PLEASE CONTACT US ON (02) 9689 3044 TO REGISTER.

LIMITED SPOTS AVAILABLE.

Cumberland Women's Health
Centre

Women's Health Group

Term 2 Program

Week One (14th May)- Mother's Day Event

Week Two (21st May)- Outing to the Mosque

Week Three (28th May)- Styling Session

Week Four (4th June)- Arts & Crafts

Week Five (11th June)- Hearing Tests

Week Six (18th June)- Wrap up Session



Please Call our Centre on (02) 9689 3044 to register for this Term, limited spots available.



NEW BEGINNINGS EVERY THURSDAY

Term 1: 7th March - 11th April

Term 2: 2nd May - 6th June

TIME: 10am—12pm

LOCATION:

Cumberland Women's Health Centre
69 Harris Street, Harris Park

CWHC is running a free support group for women who have or are experiencing violence or lack of respect in a relationship.

This group recognises that abuse causes everyone pain whether it's physical, mental, emotional, financial or spiritual. It is time to rebuild your self esteem by valuing your unique qualities.

Call CWHC on 02 9689 3044 to register
Places are limited, registration is compulsory





Braided Together

Every Wednesday from 10am-12pm
8th May- 12th June

*Calling ourselves Australian-
what does it mean??*

Racism?

Respect?

Harmony?

**Please Contact us on (02)9689 3044
to register.**

Location:

**Cumberland Women's Health
Centre**

69 Harris Street, Harris Park 2150



**Australian Government
Department of Social Services**

EMPLOYMENT BOOST

Responsible Service of Alcohol (RSA) - 6 Hours

Includes competency card. This certification is required if you want to work in an establishment that holds a liquor license. Please note that for this course there will be a male facilitator.



Food Safety - 4 Hours

Learn the basic knowledge requirements for food handling and service.

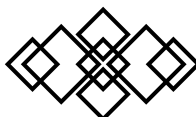
Please note that for this course there will be a male facilitator.

First Aid & CPR - 6 Hours

Become First Aid and CPR qualified through this course.



All of these courses will be held on a Thursday for one day during June. Please call our centre on (02) 9689 3044 for an expression of interest and more information. Places are limited so please call to secure a spot.



OUTREACH SERVICES

Bill Assist

EVERY SECOND FRIDAY
STARTING 9th February
2024
9.30am - 2.00pm



Cumberland Women's Health Centre has proudly partnered with Christian Community Aid to assist women experiencing financial hardship with bills.

Free DV Legal Clinic

Day: Every second Monday
Time: 9:30am - 12:30pm
Location: Cumberland Women's Health Centre 69 Harris St Harris Park 2150

Some of the issues we cover will include, but are not limited to:

- AVO Matters Divorce/Separation
- Victim protection and support
- Parenting disputes
- Minor criminal charges
- Debt matters
- Forced marriage
- Physical/Spiritual/Psychological/ Sexual / Technological Abuse



Our Services are for WOMEN ONLY!

CONTACT US

For further information and to make an appointment

 (02)9689 3044

 adminworker@cwhc.org.au



BY APPOINTMENT ONLY, REGISTRATION IS COMPULSORY

2024 . JANUARY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 PUBLIC HOLIDAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 PUBLIC HOLIDAY	27
28	29	30	31			

2024 . FEBRUARY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
4	5 DV LEGAL CLINIC	6	7	8	9 BILL ASSIST	10
11	12	13 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	14	15	16	17
18	19 DV LEGAL CLINIC	20 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	21	22	23 BILL ASSIST	24
25	26	27 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	28	29		

2024 . MARCH

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4 DV LEGAL CLINIC	5 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	6	7 NEW BEGINNINGS	8 BILL ASSIST	9
10	11	12 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	13	14 NEW BEGINNINGS	15	16
17	18 DV LEGAL CLINIC	19 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	20	21 NEW BEGINNINGS	22 BILL ASSIST	23
24	25	26	27	28 NEW BEGINNINGS	29 PUBLIC HOLIDAY	30
31						

2024 . APRIL

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 PUBLIC HOLIDAY	2	3	4 NEW BEGINNINGS	5 BILL ASSIST	6
7	8	9	10	11 NEW BEGINNINGS	12	13
14	15 DV LEGAL CLINIC	16	17	18	19 BILL ASSIST	20
21	22	23	24 EMPLOYMENT BOOST	25 PUBLIC HOLIDAY	26	27
28	29 DV LEGAL CLINIC	30				

2024 . MAY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2	3 BILL ASSIST	4
5	6	7 WOMEN'S HEALTH GROUP - Term 2	8 BRAIDED TOGETHER	9 NEW BEGINNINGS	10	11
12	13 DV LEGAL CLINIC	14 WOMEN'S HEALTH GROUP - Term 2 MOTHER'S DAY EVENT	15 BRAIDED TOGETHER	16 NEW BEGINNINGS	17 BILL ASSIST	18
19	20	21 WOMEN'S HEALTH GROUP - Term 2	22 BRAIDED TOGETHER	23 NEW BEGINNINGS	24	25
26	27 DV LEGAL CLINIC	28 WOMEN'S HEALTH GROUP - Term 2	29 BRAIDED TOGETHER	30 NEW BEGINNINGS	31 BILL ASSIST	

2024 . JUNE

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4 WOMEN'S HEALTH GROUP - Term 2	5 BRAIDED TOGETHER	6 EMPLOYMENT BOOST NEW BEGINNINGS	7	8
9	10 PUBLIC HOLIDAY	11 WOMEN'S HEALTH GROUP - Term 2	12 BRAIDED TOGETHER	13 EMPLOYMENT BOOST	14 BILL ASSIST	15
16	17	18	19	20 EMPLOYMENT BOOST	21	22
23	24 DV LEGAL CLINIC	25	26	27 EMPLOYMENT BOOST	28 BILL ASSIST	29
30						



HAVE YOU LIKED US ON FACEBOOK?
SEARCH: *Cumberland Women's Health Centre*



FOLLOW US ON INSTAGRAM
@ CUMBERLANDWOMENSHEALTHCENTRE

ADDRESS:

69 Harris Street, Harris Park NSW 2150
 PO Box: 9177 Harris Park NSW 2150

OPENING HOURS:

Monday to Friday (9.00am-4.00pm)
 The Centre closes at 12.30pm - 1.00pm for Lunch

PHONE: (02) 9689 3044

EMAIL: adminworker@cwhc.org.au

WEBSITE: www.cwhc.org.au

FACEBOOK: Cumberland Women's Health Centre

INSTAGRAM: @cumberlandwomenshealthcentre



***CWHC PROUDLY SUPPORTS OUR
 LGBTQIA+ COMMUNITY.
 ALL INDIVIDUALS WHO IDENTIFY AS WOMEN
 ARE WELCOME!***

For all Centre Information,
 or to subscribe to our newsletter, visit

www.cwhc.org.au

